MWD 900

使用說明書

Gebrauchsanweisung	Brugsanvisning
Instructions for use	Bruksanvisning
Mode d'emploi	Käyttöohje
Gebruiksaanwijzing	Manual de utilização
Istruzioni per l'uso	Instrucciones para el uso

Οδηγίες χρήσης	Návod k použití
Instrukcje użytkowania	Návod na použitie
Használati utasítás	Instrucţiuni de utilizare
Инструкция за използване	Инструкции по эксплуатации
הוראות שימוש	تعليمات وكيفيّة الاستعمال

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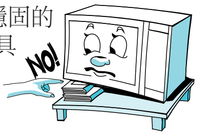
SENSING THE DIFFERENCE

安裝指引

接駁電線之前

請先檢查額定電壓銘牌上的電壓是否與您家中的電壓相配合。

請將微波爐放置在平坦及穩固的地方，該處必須足以承托爐具與食物器皿的重量。放置時請務必小心。



請將微波爐放置在遠離熱源的地方。為了確保通風良好，微波爐頂部必須留有30公分的空間。確保微波爐底部，頂部及四周空氣流通。本爐具不應放置 廚櫃內使用。

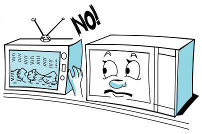
必須確定微波爐沒有損壞。可檢查爐門關上時是否緊貼門框，以及內門的封邊是否完整無缺。將爐具內配件取出，然後用柔軟的濕布清潔爐具內部。

電線、插頭如有損壞，或爐具不能正常操作，或受到損壞或翻倒，則 切勿使用微波爐。切勿將電線或插頭浸入水中，並避免接觸灼熱的表面，否則會引致觸電、火災或其他意外。

連接之後

微波爐只有在爐門緊閉之後才能操作。

如將微波爐放置在電視機、收音機或天線附近，可能會影響接收或引起干擾。



本產品必須接駁地線。
用戶如果不遵守這項規定，而導致任何人身、動物傷亡與財物損失，製造商概不負責。

由於用戶沒有遵守說明書的指示而造成的問題，製造商概不負責。

重要安全注意事項

請仔細閱讀本說明書並留做日後參考

切勿在微波爐內或其附近加熱或使用易燃物品。此等物品所釋出的氣體，可能會引起火災或爆炸。

切勿使用微波爐烘乾衣物、紙張、香料、草藥、木製品、花朵、水果或其他易燃物品，以免發生火警。

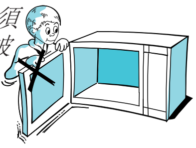
如物品在微波爐內/外起火或冒煙，請務必保持爐門關閉，然後拔下電源插頭或切斷保險絲或斷路器的電源。

切勿將食物煮得過熱，以免發生火警。

請務必經常留意爐內狀況，尤其是在使用紙制物品、塑膠或其他易燃材料所製造的器皿時。烹煮食物時，紙張可能會起火燃燒或燒焦，塑膠甚至可能會被熔解。
含大量油脂的食物或食用油容易過熱引起著火，使用時請密切留意爐具的狀況。

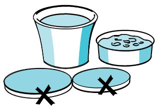
切勿在本產品中使用腐蝕性化學品或氣體，本爐具專為加熱食物或烹煮食物而設計,它並不適合工業或實驗用途。

切勿懸掛或放置重物於爐門上，以免損壞爐門或爐門鉸鏈。爐門把手亦不應該懸掛物品。



兒童使用本爐具前必須得到恰當的指引，才被允許不在成人的監督下使用本微波爐，且確保他們能夠安全地使用本產品，並明白不 適當使用微波爐帶來的後果。如果你的微波爐具備其他熱源能與微波同時使用，會產生比較高的溫度，兒童只有在成人的監督下才能使用微波爐。
***此微波爐**並非設計給身體，感官或精神上能力不足，或經驗及知識不足的人士使用（包括兒童），除非監護其安全的負責人監督或指引其使用。*
***務必確保**兒童不會把微波爐當作玩具。*

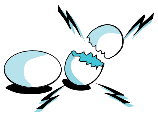
***請不要使用微波爐**來加熱密封容器內的食物或液體，因為在開啟容器時，上升的氣壓可能會導致容器損壞或引起爆炸。*



***請定期檢查爐門的封條與其附近位置，**確保他們沒有損壞。如果已出現損壞，切勿使用本微波爐，直至專業的維修人員維修妥當為止。*

***本產品**並不能依靠外部計時器或獨立的遙控系統使用。*

雞蛋
切勿使用微波爐烹煮或加熱連殼或不連殼的原只雞蛋，雞蛋可能因此會爆開。



注意事項

一般注意事項

本產品僅供一般家居使用!

爐內沒有食物時, *切勿使用本微波爐, 否則可能會對爐具造成損壞。*

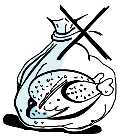
爐頂的排氣孔必須保持暢通。 *若爐具抽氣或排氣受阻的話, 均會對爐具造成損壞, 以及影響烹調效果。*

假如您要學習使用的技巧, 可把一杯清水放置在爐內, 讓清水將微波能量吸收, 以免損壞爐具。

切勿將微波爐放置在室外或在室外使用。

爐具不應存放在廚房水槽、泳池附近以及潮濕的地窖等地方。

切勿將爐腔作存放對象之用。



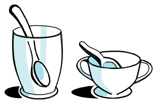
食物在放入微波爐前, *應先去除紙袋或膠袋口的金屬封口線。*

油炸

切勿使用微波爐來油炸食物, 因為油的溫度無法控制。

烹調之後, 觸碰容器、爐具零件及烤盤前, 請務必使用隔熱墊或隔熱手套。烹調時爐具可接觸到的部分會變熱, 小孩切勿接近。

流質食物



用微波爐加熱的飲品或清水, 即使煮得過熱, 甚至超過沸點, 也未必會出現沸騰的氣泡, 但是液體卻可能會突然溢出造成燙傷。

為了避免發生上述情況, 請遵守下列幾點:
1. 請避免使用窄頸的直身容器。
2. 將流質食物放入爐內之前, 請先加以攪拌, 並將湯勺留在容器內。
3. 流質食物加熱之後, 請讓它留在爐內一會兒, 再加以攪拌, 才將容器小心拿出。

小心

請經常參考微波爐烹飪食譜來使用本微波爐, 尤其是在烹煮或加熱含有酒精的食物時。

奶樽或嬰兒食物器皿中*的食品或飲料加熱之後, 在餵食之前, 先將食物加以攪拌及測試食物的溫度, 確保熱力分佈均勻, 以避免燙傷或灼傷嬰兒。*

請確保加熱前已將樽蓋與奶嘴取出!

配件

一般資料

市面上出售的配件種類繁多, 請在購買之前先確定是否適合本微波爐使用。

在烹煮食物之前, 請確保您使用的器皿適用於微波爐,並可讓微波通過。

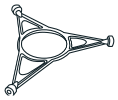
將食物及配件放進微波爐時, 請確保它們與配件沒有直接觸及爐壁或頂部。
在使用金屬配件或帶有金屬材質的配件時,尤需加倍小心。

在微波爐運作時, 如果配件的金屬部分誤觸微波爐的內壁或頂部的話,可能會產生火花並導致微波爐損壞。

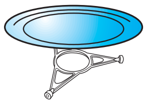
在使用微波爐之前, 請確保轉盤可自由轉動。若轉盤不能自由轉動,請使用較小的容器。

轉盤托架

請將轉盤托架放置在玻璃轉盤下。切勿在轉盤托架上放置其他器皿。
* 把轉盤托架裝入微波爐中。



玻璃轉盤



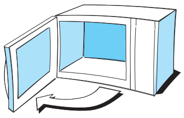
各種烹調模式皆應使用玻璃轉盤。它可以避免食物碎屑及肉汁沾汙微波爐內腔。
請將玻璃轉盤置放在轉盤托架上。

選擇微波火力

只限微波	
火力	建議用於
MAX (高火)	翻熱飲料、清水、清湯、咖啡、茶或其他含水量高的食物。若食物內含雞蛋或忌廉,請選擇較低的火力。
550 W (中高火)	烹調魚類、肉類、蔬菜等。
400 W (中火)	烹調需要較小心處理的食物,例如含豐富蛋白質的醬汁、芝士及雞蛋菜式,以及可以烹調煲仔菜。蒸燉食物,融化牛油。
Defrost (解凍)	解凍。
Keep warm (保溫)	軟化牛油、芝士及雪糕。

暫停或終止烹調程式

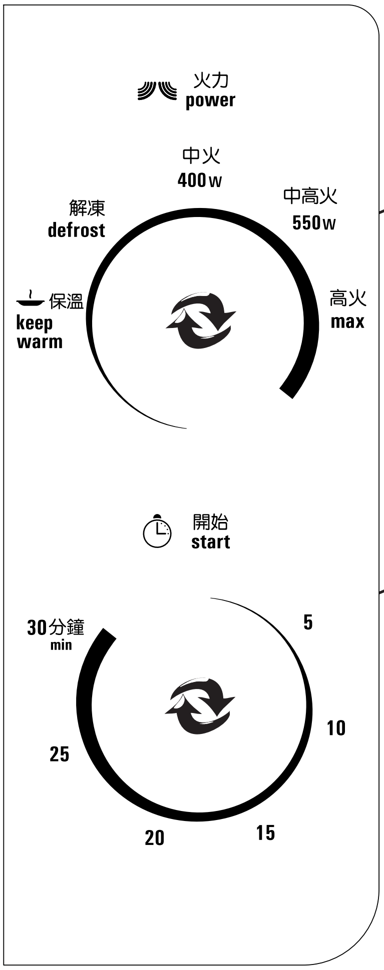
暫停烹煮程式:
如果您想查看食物的烹調情況、攪拌或翻轉食物的話, 只要打開爐門, 烹煮程式便會暫時停止。



繼續啟動烹煮程式:
請關上爐門並按下開始製一次, 烹煮程式便會從暫停的地方繼續運作。
如果您不想繼續烹調的話:

請取出食物, 將計時器旋鈕轉到0的位置, 然後關上爐門。

如何操作微波爐



1 請轉動多功能旋鈕, 選擇您所需的火力瓦數或烹調方式

2 請以順時針方向轉動計時器旋鈕, 設定您所需的烹調時間, 微波爐便會自動開始操作。

烹調圖表

您所烹調的食物越多，所需的時間便越長。根據以往的經驗，雙倍份量的食物，需要雙倍的烹調時間。

開始時烹調溫度越低，所需的時間便越長。烹調室溫的食物，比烹調直接從冰箱中取出的食物，需要較短的時間。

如需烹調不同數量的同一種食物，好像連皮薯仔，請將它們以環狀放置，讓每個薯仔都得到均勻的烹調效果。

有些食物是連皮或帶有薄膜，例如薯仔、蘋果及蛋黃這類食物，必須用叉或竹簽，在食物上刺孔，排出內裏的壓力，以防爆裂。

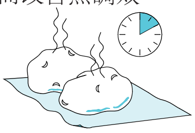
體積細小的食物，比體積較大的食物，烹調得更快，而形狀相似的食物，比形狀不規則的食物，烹調得更均勻。

將食物攪拌及翻轉，是傳統的烹調方法，這亦適用在微波爐烹調中，這些方法可將熱力快速散步到食物的中心，以及避免過度烹調食物外部的邊緣。

烹調形狀不規則/厚度不一的食物時，請將食物較薄的部分向著碟的中心。

帶有較多脂肪和糖份的食物，比帶有較多水份的食物，烹調得更快。脂肪和糖比水的溫度上升得更快。

烹調後，請靜置食物幾分鐘。靜置時間內，溫度於食物中平均分佈，從而改善烹調效果。



食物種類	重量	火力	時間	烹調後等待	提示
整只雞	1000克		18-20分鐘	5-10分鐘	烹調中途，請將雞翻轉。
雞條或雞塊	500克		8-10分鐘	5分鐘	
煙肉	150克		3-4分鐘	1-2分鐘	使用廚房用紙包著2—3層煙肉，放在碟子上加熱。
新鮮蔬菜	300克	高火	3-4分鐘	1-2分鐘	請覆蓋著食物烹調，並加入2茶匙的水。
速凍蔬菜	250-400 克		3-4分鐘 5-6分鐘	1-2分鐘	請覆蓋著食物烹調。
薯仔	1塊 4塊		4-6分鐘 12-15分鐘	2分鐘 5分鐘	請用叉在薯仔上刺孔。（1塊＝250克）烹調中途，請將薯仔翻轉。
肉卷	600-700克		12-14分鐘	5分鐘	
整條魚	600克	中高火	8-9分鐘	4-5分鐘	在魚身上割幾刀。請覆蓋微波專用膜，並刺小孔進行烹調。
魚、牛排或肉排	400克		5-6分鐘	2-3分鐘	將較薄的部份向著中心。請覆蓋這食物烹調。

翻熱圖表

正如傳統的烹調方法, 食物用微波爐重新翻熱, 必須翻熱到滾燙為止。

將較厚食物放在碟邊, 而把較薄的食物放在碟中心。

請將肉類一塊一塊重疊, 或將它們交錯放在一起。厚的肉類, 例如肉卷及香腸, 須並排放在一起。

如想翻熱煨燉食物或醬汁, 您最好能將食物攪拌一次, 使熱力平均分佈。

將食物蓋著, 可保持食物內的水份, 減低水份濺出的機會, 並縮短翻熱時間。

翻熱冷凍食物時, 請參照包裝上的製造商指引。

不能攪拌的食物, 如酥皮, 最適宜以中高的火力重新翻熱。

幾分鐘的逗留時間, 可確保溫度平均分佈在食物上。

食物種類	重量	火力	時間	烹調後等待	提示
碟裝飯菜	300克 450克	高火	3-5分鐘 4-5分鐘	1-2分鐘	覆蓋碟子
飯	4碗/0.2公升 12碗/0.6公升		1-2分鐘 3-4分鐘	1分鐘 2分鐘	覆蓋碟子
肉丸	250克		2分鐘	1-2分鐘	不覆蓋肉丸翻熱
飲料	0.25公升		1-2.5分鐘	1分鐘	在杯內放入耐高溫湯勺, 防止過熱。
清湯	4.5碗/0.25公升		2.5-3分鐘	1分鐘	在湯碟或碗內, 不加蓋子翻熱。
白汁或醬汁	4.5碗/0.25公升		2.5-3分鐘	1分鐘	份量不要超過容器的3/4容量。加熱過程中攪拌一次。
熱狗	1個 2個	中高火	0.5-1分鐘 1-1.5分鐘	1分鐘	
千層面	500克		5-6分鐘	2-3分鐘	

解凍圖表

在膠袋，保鮮紙或紙盒裝內的速凍食物，只有包裝沒有金屬部份的食物（例如金屬包裝扭繩），才可直接放在微波爐內烹煮。

包裝形狀會影響解凍時間。薄身的包裝，比厚身的包裝，解凍得較快。

解凍食物時，請將食物分開。切開的塊狀食物會較容易解凍。

當食物開始變暖，請以小塊的錫紙包裹食物的突出部份（例如雞腿和雞腿尖）。

在解凍中途，請將食物最大的塊肉部份翻轉。

在解凍過程中，如將已煮好及煨燉的食物或肉醬攪拌，解凍效果會較好。

解凍時，讓食物稍作溶解，然後待食物自然溶解。

解凍後的逗留時間，能改善解凍效果，因為溫度會平均分佈在食物上。

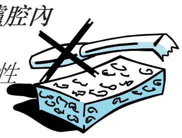
食物種類	重量	火力	時間	烹調後等待	提示
烤肉	800克 1000克	解凍	20-22分鐘	10-15分鐘	解凍中途翻轉烤肉。
肉末	500克		8-10分鐘	5分鐘	解凍中途翻轉，分開解凍部份。
排骨、牛排、炸肉排	500克		5-10分鐘	5-10分鐘	解凍中途翻轉。
整只雞	1200克		25分鐘	10-15分鐘	解凍中途翻轉。
雞塊或雞條	500克		7-9分鐘	5-10分鐘	解凍中途翻轉/分開雞塊，用錫紙蓋上雞翼尖和雞腿以防止過熱。
整條魚	600克		8-10分鐘	5-10分鐘	解凍中途翻轉，用錫紙蓋上雞翼尖和雞腿以防止過熱。
魚排/魚條	400克		6-7分鐘	5分鐘	解凍中途將魚條或魚排翻轉/分開。
麵包	500克		4-6分鐘	5分鐘	解凍中途翻轉。
麵包卷/小圓甜包	4塊（150-200克）		1.5-2分鐘	2-3分鐘	以環形放置。
水果/漿果類	200克		2-3分鐘	2-3分鐘	解凍後等待時，將水果/漿果分開。

維護保養及清潔

微波爐只要勤加清潔, 便是最佳的維護方法。但在清潔前, 必須關掉電源。

微波爐必須保持清潔, 否則可能導致爐身受到腐蝕, 縮短微波爐的使用壽命, 造成發生危險的可能。

切勿使用金屬刷清潔爐腔內壁, *否則會刮花表面。*
切勿使用金屬刷、腐蝕性的清潔劑、砂布清潔微波爐, 否則可能會使控制板、爐具內外四壁受損, 只須用布沾上性質溫和的洗潔精, 或在廚房用紙上噴上玻璃清潔劑, 便可清潔微波爐。
切勿將玻璃清潔劑直接噴在爐上。



應定期取出轉盤及轉盤托架, 然後清潔爐腔底部, 特別是當倒翻食物後, 更應如此。
本爐具經精心設計, 當轉盤安放妥當後, 才可操作。

當取出轉盤清潔時, 切勿使用微波爐。使用溫和的洗潔精、水及軟布, 抹拭爐腔內壁、爐門的前、後部分及開門位置。

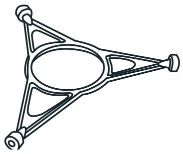
不要讓油漬及食物的渣滓, 堆積在爐門的周圍。
若要去除頑固污漬, 可將一杯清水放在爐煮2-3分鐘, 水蒸汽便可軟化頑固汙跡。
如要清除爐內的難聞氣味, 可將一杯混有檸檬汁的清水, 放在轉盤上, 然後煮沸, 便可消除爐腔內的難聞氣味。

請勿使用蒸汽清潔裝置來清潔微波爐。

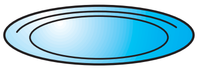
本爐應該被定期清潔, 清理食物殘渣。

下列配件, 可用洗碗碟機清洗:

轉盤托架



玻璃轉盤



問題解決指南

若微波爐不能操作, 請檢查下列各項後才致電維修中心:
- 轉盤和轉盤托架是否固定就位
- 插頭是否完全插入插座
- 爐門是否完全關閉
- 檢查保險絲, 並確定已接上電源
- 檢查微波爐是否有良好的通風環境
- 等待十分鐘後再嘗試操作
- 再作嘗試前, 請開啟爐門, 然後將其關上。

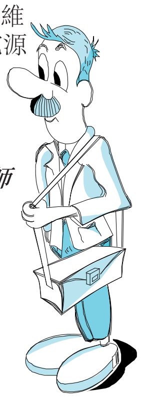
以上檢查, 可避免不必要的檢查維修, 維修服務可能會收費。

致電維修服務中心時, 請提供機身編號及微波爐型號 (請參閱維修服務標籤) 。有關詳細資料, 請參閱保修卡。

若需更換電源線, 必須使用原廠產品, 並由接受過專業培訓的維修技師負責更換。有關的電源線可聯絡維修中心。

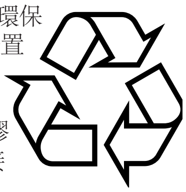
維修工作應交由專業的技師執行, *若由非合格的人員進行維修並涉及拆除防止微波外泄的保護蓋, 均屬非常危險。*

切勿拆除任何蓋子。



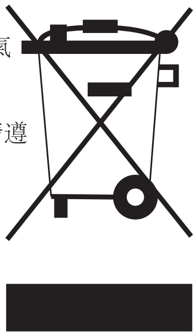
環保建議

用來盛載本爐具的紙盒印有環保標誌, 可以完全迴圈再造。棄置有關包裝材料時, 請遵循本地的廢物棄置條例。請把可能引致危險的包裝材料 (如膠袋、發泡膠等) 放置在小孩接觸不到的地方。



本產品依照歐洲關於廢棄電子電氣產品條例 2002/96/EC 進行標識(WEEE)。用戶正確棄置能夠幫助預防對環境及人類健康潛在的負面影響。

產品上或產品檔上的此標誌表示本產品有可能不屬於家庭棄置廢物。需要將其交至指定的電子電氣產品廢置站。



本產品如日後需要棄置, 請遵循本地的廢物棄置條例。

有關產品處理, 恢復及迴圈使用的詳細資料, 請諮詢本地政府機構, 家庭棄置廢物機構或購買產品的商鋪。

棄置前請切斷電源線, 使本產品不能連接電源。

符合IEC 60705

為測試不同微波爐產品的熱量功能，國際電器技術委員會制定了特定的標準。建議本微波爐應以下列資料為標準

實驗	重量	大約時間	火力級別	容器
12.3.1	750 G	10 MIN.	100%	PYREX 3.220
12.3.2	475 G	5 MIN.	100%	PYREX 3.827
12.3.3	900 G	14 MIN.	100%	PYREX 3.838
13.3	500G	自動解凍		置於玻璃盤上

技術資料

供電電壓	230V/50Hz
額定輸入功率	1100W
保險絲	10A
微波輸出功率	700W
	高×寬×深（毫米）
外部尺寸	285×456×359
爐腔尺寸	196×292×295

惠而浦是美國惠而浦公司（WHIRLPOOL CORPORATION, USA）的注册商標

INSTALLATION

PRIOR TO CONNECTING

CHECK THAT THE VOLTAGE on the rating plate corresponds to the voltage in your home.

PLACE THE OVEN ON A STABLE, EVEN SURFACE that is strong enough to hold the oven and the food utensils you put in it. Use care when handling.

POSITION THE OVEN AT A DISTANCE from other heating sources. For sufficient ventilation there must be a space of at least 30 cm above the oven. Ensure that the space underneath, above and around the oven is empty to allow for proper airflow. The microwave oven shall not be placed in a cabine.

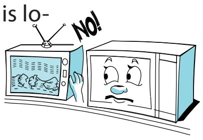
ENSURE THAT THE APPLIANCE IS NOT DAMAGED. Check that the oven door closes firmly against the door support. Empty the oven and clean the interior with a soft, damp cloth.

DO NOT OPERATE THIS APPLIANCE if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

AFTER CONNECTING

THE OVEN CAN BE OPERATED ONLY if the oven door is firmly closed.

POOR TELEVISION RECEPTION and radio interference may result if the oven is located close to a TV, radio or aerial.



THE EARTHING OF THIS APPLIANCE is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Do not heat, or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.

If material inside / outside the oven should ignite or smoke is observed, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

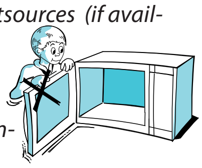
Do not over-cook food. Fire could result.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods.
Do not leave the oven unattended if you are using a lot of fat or oil since they can overheat and cause a fire!

Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

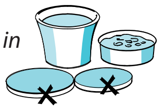
Do not hang or place heavy items on the door as this can damage the oven opening and hinges. The door handle should not be used for hanging things on.

Only allow children *to use the appliance without adult supervision after adequate instructions have been given, so that the child is able to use the appliance in a safe way and understands the hazards of improper use. Children should be supervised when using other heatsources (if available) separately or in combination with microwaves due to the high temperatures generated.*



This appliance is not intended for *use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.*
Children should be supervised *to ensure that they do not play with the appliance.*

Do not use your microwave *oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.*

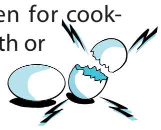


The door seals and the door seal areas *must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.*

The appliances are not intended *to be operated by means of an external timer or separate remote-control system.*

EGGS

Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.



GENERAL

This appliance is designed for domestic use only!

The appliance should not be operated *without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.*

The ventilation openings *on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results.*

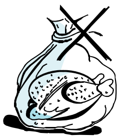
If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Do not store or use this appliance outdoors.

Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for any storage purposes.

Remove wire twist-ties *from paper or plastic bags before placing bag in the oven.*



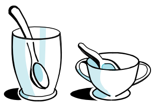
DEEP-FRYING

Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.

Use hot pads or oven mitts to prevent burns, when touching containers, oven parts, and pan after cooking. Accessible parts may become hot during use, young children should be kept away.

LIQUIDS

E.g. beverages or water. Overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.



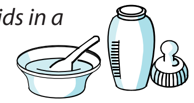
To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.

CAREFUL

Always refer to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol.

After heating baby food *or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving.*



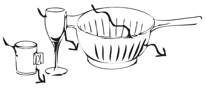
This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.
Ensure the Lid and the Teat is removed before heating!

ACCESSORIES

GENERAL

There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.



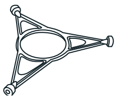
When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven.
This is especially important with accessories made of metal or metal parts.

If accessories containing metal comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.

Always ensure that the turntable is able to turn freely before starting the oven. If the turntable isn't able to turn freely you should use a smaller vessel.

TURNTABLE SUPPORT

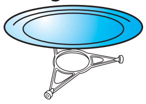
Use the turntable support under the Glass turntable. Never put any other utensils on the turntable support.



- Fit the turntable support in the oven.

GLASS TURNTABLE

Use the Glass turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.



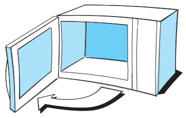
- Place the Glass turntable on the turntable support.

CHOOSING MICROWAVE POWER

MICROWAVES ONLY	
Power	Suggested use:
Max (700 W)	**Reheating of beverages,** water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.
550 W	**Cooking of** fish, meat, vegetables etc.
400 W	**More careful cooking** e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles. Simmering stews, melting butter.
Defrost	**Defrosting.** Softening butter, cheeses.
Keep warm	**Softening** Ice cream.

PAUSE OR STOP COOKING

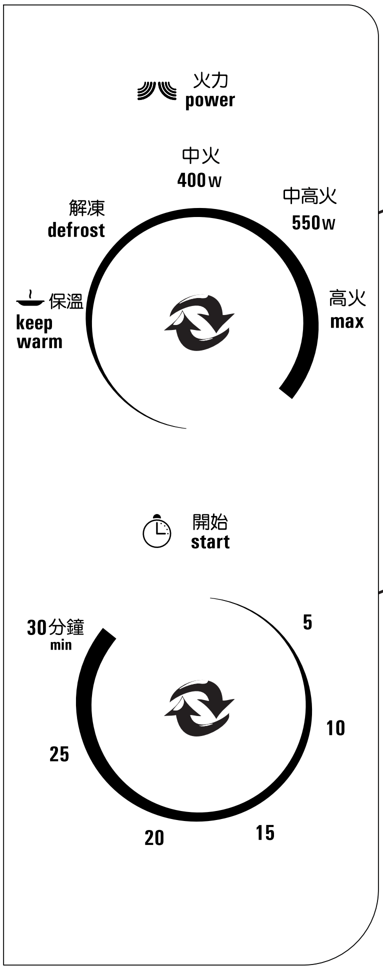
To pause cooking:
The cooking can be paused to check, turn or stir the food by opening the door.



If you don't want to continue cooking:
Remove the food, turn the adjust knob to zero and close the door.

To continue cooking:
Close the door and press the Start button ONCE. The cooking is resumed from where it was paused.

OPERATING THE OVEN



1. **Select power level** by turning the multi-function knob.

2. **Turn the adjust knob** clockwise to set the desired cooking time. The oven starts automatically.

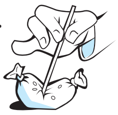
COOKING CHART

The more food you want to cook the longer it takes. A rule of thumb is that double amount of food requires almost double the time.

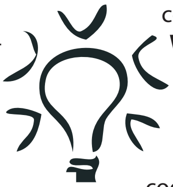
The lower starting temperature, the longer cooking time is required. Food at room temperature cooks faster than food taken directly from the refrigerator.

If you are cooking several items of the same food, such as jacket potatoes, place them in a ring pattern for uniform cooking.

Some foods are covered by a skin or membrane e.g. potatoes, apples and egg yolks. These food should be pricked with a fork or cocktail stick to relieve the pressure and to prevent bursting.



Smaller pieces of food will cook faster than larger pieces and uniform pieces of food cook more evenly than irregularly shaped foods.

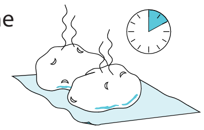


Stirring and turning of food are techniques used in conventional cooking as well as in microwave cooking to distribute the heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

When cooking food of uneven shape or thickness, place the thinner area of food towards the center of the dish, where it will be heated last.

Food with lot of fat and sugar will be cooked faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water.

Always allow the food to stand for some time after cooking. Standing time always improves the result since the temperature will then be evenly distributed throughout the food.



TYPE OF FOOD	AMOUNT	POWER LEVEL	TIME	STANDING TIME	HINTS
Chicken (whole)	1000 g	700W	18 - 20 min.	5 - 10 min.	Turn the chicken midway thru cooking.
Chicken (fillets or pieces)	500 g		8 - 10 min.	5 min.	
Bacon	150 g		3 - 4 min.	1 - 2 min.	Place on kitchen paper, on a plate, in 2 or 3 layers and cover with more kitchen paper.
Vegetables (fresh)	300 g		3 - 4 min.	1 - 2 min.	Cook covered and add 2 tbs salt.
Vegetables (frozen)	250 - 400 g		3 - 4 min. 5 - 6 min.	1 - 2 min.	Cook covered
Jacket potatoes	1 pc 4 pcs		4 - 6 min. 12 - 15 min.	2 min. 5 min.	Prick with fork. (1 pc = 250 g). Turn midway thru cooking.
Meat (loaf)	600 - 700 g	550W	12 - 14 min.	5 min.	
Fish (whole)	600 g		8 - 9 min.	4 - 5 min.	Score the skin and cook covered.
Fish (steaks or fillets)	400 g		5 - 6 min.	2 - 3 min.	Place with thinner parts towards the center of the plate. Cook covered.

REHEATING CHART

As in traditional cooking methods, food reheated in a microwave oven must always be heated until piping hot.

The best results are achieved if the food is arranged with the thicker food to the outside of the plate and the thinner food in the centre.

Place thin slices of meat on top of each other or interlace them. Thicker slices such as meat loaf and sausages have to be placed close to each other.

When reheating stews or sauces it is better to stir once to distribute the heat evenly.

Covering the food helps to keep the moisture inside the food, reduces spattering and shortens the reheating time.

When reheating frozen food portions follow the manufactures instruction on the package.

Food which cannot be stirred, like gratin is best reheated on 400-600W.

Some minutes standing time will make sure the temperature is evenly distributed throughout the food.

TYPE OF FOOD	AMOUNT	POWER LEVEL	TIME	STANDING TIME	HINTS
Plated meal	300 g 450 g	700W	3 - 5 min. 4 - 5 min.	1 - 2 min.	Cover the plate
Rice	2 dl 6 dl		1 - 2 min. 3 - 4 min.	1 min. 2 min	Cover the dish
Meat balls	250 g		2 min.	1 - 2 min.	Heat uncovered
Beverage	2 dl		1 - 2 ½ min.	1 min.	Put a spoon in the cup to prevent overcooking.
Soup (clear)	2½ dl		2 - 2 ½ min.	1 min.	Reheat uncovered in a soup plate or bowl.
Milkbased soups or sauces	2 ½ dl		3 - 4 min.	1 min.	Do not fill the container more than 3/4. Stir once during heating.
Hot dogs	1 pc 2 pcs	550W	½ - 1 min. 1 - 1 ½ min.	1 min.	
Lasagna	500 g		5 - 6 min.	2 - 3 min.	

DEFROSTING CHART

Frozen food in plastic bags, plastic films or cardboard packages can be placed directly in the oven as long as the package has no metal parts (e.g. metal twist ties).
The shape of the package alters the defrosting time. Shallow packets defrost more quickly than a deep block.
Separate pieces as they begin to defrost. Individual slices defrost more easily.
Shield areas of food with small pieces of aluminiumfoil if they start to become warm (e.g. chicken legs and wing tips).

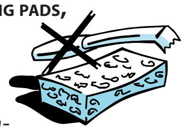
Turn large joints halfway through the defrosting process.
Boiled food, stews and meat sauces defrost better if stirred during defrosting time.
When defrosting it is better to underthaw the food slightly and allow the process to finish during standing time.
Standing time after defrosting always improves the result since the temperature will then be evenly distributed throughout the food.

TYPE OF FOOD	AMOUNT	POWER LEVEL	TIME	STANDING TIME	HINTS
Roast	800 - 1000 g	Defrost	20 - 22 min.	10 - 15 min.	Turn halfway thru defrosting.
Minced meat	500 g		8 - 10 min.	5 min.	Turn halfway thru defrosting. Separate thawed parts.
Chops, cutlets, steaks	500 g		7 - 9 min.	5 - 10 min.	Turn halfway thru defrosting.
Chicken (whole)	1200 g		25 min.	10 - 15 min.	Turn halfway thru defrosting.
Chicken pieces or fillets	500 g		7 - 9 min.	5 - 10 min.	Turn / separate halfway thru defrosting. Shield wingtips and legs with foil to prevent overheating.
Fish (whole)	600 g		8 - 10 min.	5 - 10 min.	Turn halfway thru defrosting and shield the tail with foil to prevent overheating.
Fish (steaks or fillets)	400 g		6 - 7 min.	5 min.	Turn halfway thru defrosting. Separate thawed parts.
Loaf of bread	500 g		4 - 6 min.	5 min.	Turn halfway thru defrosting.
Rolls & Buns	4 pcs (150 - 200 g)		1 ½ - 2 min.	2 - 3 min.	Place in a ring pattern.
Fruit & Berries	200 g		2 - 3 min.	2 - 3 min.	Separate during defrosting.

Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not use metal scouring pads, *abrasive cleansers,* *steel-wool pads, gritty wash-cloths, etc. which can damage the control panel, and the interior and exterior oven surfaces. Use a cloth with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.* ***Do not spray*** *directly on the oven.*



At regular intervals, especially if spill overs have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.

This oven is designed to operate with the turntable in place.

Do not operate the microwave oven when the turntable has been removed for cleaning.

Use a soft and damp cloth with mild detergent to clean the interior surfaces, front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

For stubborn stains, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

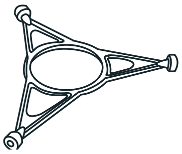
Adding some lemon juice to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odors inside the oven.

Do not use steam cleaning appliances when cleaning your microwave oven.

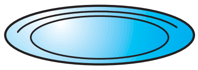
The oven should be cleaned regularly and any food deposits removed.

DISHWASHER SAFE:

Turntable support.



Glass turntable.



TROUBLE SHOOTING GUIDE

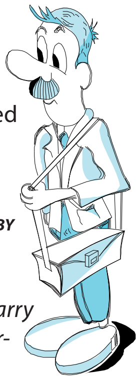
If the oven does not work, do not make a service call until you have made the following checks:

- The Turntable and turntable support is in place.
- The Plug is properly inserted in the wall socket.
- The Door is properly closed.
- Check your Fuses and ensure that there is power available.
- Check that the oven has ample ventilation.
- Wait for 10 minutes, then try to operate the oven once more.
- Open and then close the door before you try again.

This is to avoid unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the oven (see Service label). Consult your warranty booklet for further advice.

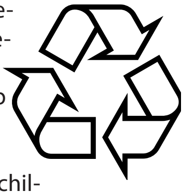
If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organization. The mains cord may only be replaced by a trained service technician.



Service only to be carried out by a trained service technician. *It is hazardous for anyone other than a trained person to carry out any service or repair operation, which involves the removal of any cover, which gives protection against exposure to microwave energy.*

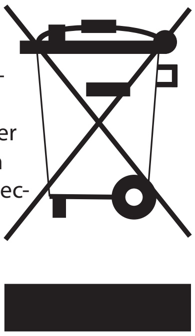
Do not remove any cover.

ENVIRONMENTAL HINTS



The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.

This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.



The symbol on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.

Disposal must be carried out in accordance with local environmental regulations for waste disposal.

For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.

IN ACCORDANCE WITH IEC 60705.

The International Electrotechnical Commission has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

TEST	AMOUNT	APPROX. TIME	POWER LEVEL	CONTAINER
12.3.1	750 g	10 min.	100%	Pyrex 3.220
12.3.2	475 g	5 min.	100%	Pyrex 3.827
12.3.3	900 g	14 min.	100%	Pyrex 3.838
13.3	500 g	Defrost		Place on turntable

TECHNICAL SPECIFICATION

Supply Voltage	230 V/50 Hz
Rated Power Input	1100 W
Fuse	10 A (UK 13 A)
MW output power	700 W
Outer dimensions (HxWxD)	285 x 456 x 359
Inner dimensions (HxWxD)	196 x 292 x 295

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